



### Okra and Tomato Casserole

- 6 tablespoons chopped onion
- 2 tablespoons vegetable oil or bacon drippings
- 1 pound fresh SC okra, sliced
- 1 quart fresh or canned tomatoes, peeled and chopped
- 1 1/2 teaspoons salt
- 1 teaspoon sugar
- 1/4 teaspoon curry powder
- 1/4 teaspoon paprika
- 1/8 teaspoon crushed red pepper
- 2 1/2 tablespoons grated Parmesan cheese
- 8 butter crackers, crushed

Sauté onion in the oil. Add the okra and mix well. Cook until the okra is tender, stirring constantly. Add the tomatoes, salt, sugar, curry powder, paprika and red pepper. Mix well. Cook for 5 minutes, stirring frequently. Spoon into a greased 9 x 13 inch baking dish. Sprinkle with the cheese and cracker crumbs. Bake at 350°F for 35 minutes.

### Creamy Mashed Sweet Potatoes

- 4 large sweet potatoes
- 1/4 cup sour cream
- 1/4 cup butter, softened
- 2 limes
- 1 1/4 cups honey
- Salt and pepper to taste

Bake sweet potatoes until very soft. Let cool a few minutes, then scoop out centers into mixing bowl. Add honey, butter, sour cream and juice from limes. Mash well. Season to taste with salt and pepper.

### "Seasons Greetings" with Certified SC Grown



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"Seasons Greetings" pairs locally grown produce and products of each harvest season with creative, fresh recipe ideas. To learn more about South Carolina produce and products, visit [www.agriculture.sc.gov](http://www.agriculture.sc.gov) and click on the Certified SC Grown logo.

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### Garlic Cheese Biscuits

- 2 cups Adlud biscuit mix
- 2/3 cup milk
- 1/2 cup shredded cheddar cheese
- 1/2 cup butter, melted
- 1/2 teaspoon garlic powder

Preheat oven to 450°F. Mix biscuit mix, milk, and cheese until soft dough forms.

Beat vigorously for 30 seconds. Drop dough by spoonfuls onto ungreased sheet. Bake 8-10 minutes or until golden brown.

Mix butter and garlic powder. Brush over warm biscuits before removing from baking sheet. Yields 10-12 biscuits.

## South Carolina Department of Agriculture *Fall Recipes*



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## Zucchini Layered Casserole

3/4 cup soft bread crumbs  
2 medium zucchini, sliced  
2 medium tomatoes, peeled and sliced  
1 large onion, thinly sliced  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/4 teaspoon oregano leaves  
2 tablespoons butter or margarine

Place one-half of the bread crumbs in the bottom of a well-greased 1 1/2 quart casserole dish. Arrange zucchini, onion and tomatoes in layers using half of each vegetable per layer. Sprinkle each with salt, pepper and oregano. Top with remaining 1/4 cup of the soft bread crumbs and dot with butter. Bake uncovered at 350°F for one hour or until vegetables are tender.

## Blue Marlin Collard Greens

3 slices bacon, diced and sautéed, reserve grease  
1/2 onion, sliced  
2 bunches fresh collard greens  
1 quart chicken broth  
1 hamhock  
1 teaspoon Tabasco sauce  
Salt and pepper to taste

In a stock pot, render bacon. When brown, add onion and sauté until translucent. Add collard greens, chicken broth, Tabasco and hamhock and simmer for 2-3 hours until collards are thoroughly cooked. Finally add salt and pepper to taste.



## Apple Dapple Cake

1 1/2 cups vegetable oil  
3 eggs  
3 cups unsifted all-purpose flour  
1 teaspoon salt  
1 cup SC peeled, chopped apples  
2 cups sugar  
2 teaspoon vanilla  
1 teaspoon baking soda  
1 1/2 cups chopped pecans

Mix oil, sugar, eggs and vanilla. Add flour, baking soda, salt, chopped pecans and apples. Pour into greased and floured tube pan. Bake for 45 minutes to one hour at 350°F (no peeking until at least 45 minutes). Remove cake from pan into lipped plate.



### Frosting:

1 cup light brown sugar, packed  
1 stick margarine (or butter)

Prepare frosting by bringing brown sugar and margarine to a boil. Spoon frosting over entire surface of hot cake allowing it to run down and around the sides.

## Low Country Boil

Crab boil (2 teaspoons per quart of water)  
or 1 crab boil seasoning packet  
12 small red potatoes  
6 four-inch pieces smoked sausage  
6 ears corn (shucked and silk removed)  
3 pounds fresh SC shrimp, unpeeled

Fill a large pot with enough water to cover all ingredients.

Add crab boil and heat until boiling. Add potatoes and sausage. Cook on medium heat for 20 minutes.

Add corn and cook for an additional 10 minutes. Add shrimp and cook for no more than 3 minutes. (*Do not overcook shrimp!*).

Drain and empty into a very large container or onto a table covered with lots of newspaper.

## Breakfast Casserole

6 slices bread  
butter  
1 pound sausage  
1 cup grated medium Cheddar cheese  
2 cups canned milk or half and half  
4 eggs  
1/2 teaspoon salt and pepper to taste  
1/2 teaspoon dry mustard

Remove crusts from bread and butter both sides. Cut in cubes and place in casserole dish. Separate and brown sausage. Drain off all grease. Scatter browned sausage evenly over bread cubes. Sprinkle cheese over sausage. Beat together milk, eggs, salt, pepper and mustard. Pour on top of casserole. Bake at 350°F for 40 minutes or until brown.

## Chicken with Mushroom Sauce

3 boneless, skinless chicken breasts, split  
1 teaspoon salt, divided in half  
3 tablespoons all-purpose flour  
1 cup sour cream  
1 (10 3/4 ounce) can cream of mushroom soup  
1/2 cup sauterne wine  
1 (6 ounce) jar sliced mushrooms, drained  
or 1/2 pound fresh  
1/2 cup unblanched, sliced almonds  
Paprika to taste

Preheat oven to 325°F. Arrange chicken in the bottom of 11x18x2 inch baking dish. Sprinkle with 1/2 teaspoon salt. Blend flour and sour cream until smooth. Add remaining 1/2 teaspoon salt, soup and sauterne. Mix well. Add mushrooms. (If using fresh, sauté in one tablespoon of oil until tender.) Pour sour cream mixture over chicken. Sprinkle almonds and a little paprika over top. Bake for 1 1/2 hours.

